



SECRETS OF SUCCESSFUL LOSERS

National Weight Control Registry, James O. Hill

1. Successful losers have tried before (90%).
2. Most successful losers (89%) combine both nutrition changes and exercise changes to lose weight.
3. There is really no commonly shared dietary feature. Some followed “programs;” some counted calories; some reduced portion sizes.
4. Motivation to lose weight is dependent on the individual.
5. Behavioral changes most often reported:
 - a. Eating a low-fat, high-carb diet
 - b. Eating breakfast most days
 - c. Self-monitoring of weight
 - d. Regular “high-level” physical activity
 - i. (60-90 minutes of moderate intensity activity per day, most popular was walking)

<http://xnet.kp.org/permanentejournal/sum03/registry.html>

Tips for weight loss:

- ==> Make a commitment
- ==> Obtain appropriate support
- ==> Set realistic goals
- ==> Learn to ENJOY different foods
- ==> Get active, stay active
- ==> Change your lifestyle